



SENIOR TIMES

JUNE 2021

MAURY COUNTY SENIOR CENTER 931-380-3950

VOL. 9 ISSUE 6

Jan Graves
Executive Director
jangmcsc@gmail.com

MCSC
2020-2021

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Executive Director, Jan Graves, receives a Proclamation in recognition of Older Americans Month from Mayor Chaz Molder. Thank you Mayor Molder we appreciate every time you visit us!

INSIDE

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The weather is getting nicer. It's a good time to get outside, maybe meet a friend, take a walk and enjoy the sun.

Happy
Father's
Day

Sunday, June 20th



JUNE JAM

FUNDRAISER Dinner/Dance

See: Carol Smith, Deb Collins or Yolanda Cothran for tickets. There is a cap on how many people can attend.



YOU ASKED AND HERE IT IS!

Tie Dye Activity

We Supply The Ink

You Supply The Tee-Shirt (white shirt preferred)

Call or come in to sign up

Thursday, June 24th

Mon	Tue	Wed	Thu	Fri
	1 8:30 Pool 8:30 Card Playing 11 BINGO 1 Computer Training 	2 8:30 Pool 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 12 SILVER SNEAKERS 2 TAI CHI 	3 8:30 Pool 8:30 Card Playing 9:30 Let's Go to the Races Game 11 BINGO 12 Shuffle Board 	4 8:30 Pool 9:30 B/P Checks—MRMC 9:30 ARTHRITIS EXERCISE CLASS AND/OR PRESENTATIONS 
7 8:30 Pool 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 12 SILVER SNEAKERS 2 TAI CHI 5 Yoga 	8 8:30 B/P Checks—MRMC 8:30 Pool 8:30 Card Playing 11 BINGO 	9 8:30 Pool 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 12 SILVER SNEAKERS 2 TAI CHI 	10 8:30 Pool 8:30 Card Playing 10 Singing with Jim 10:30 Trivia w/ Heidi Wolaver—Life Care 11 BINGO 12 Chair Volleyball 	11 8:30 Pool 9:30 ARTHRITIS EXERCISE CLASS AND/OR PRESENTATIONS 
14 8:30 Pool 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 12 SILVER SNEAKERS 2 TAI CHI 5 Yoga 	15 8:30 Card Playing 9 Wii (Not Tournament) 11 BINGO 12 Movie & Snack 1 Computer Training 	16 8:30 Pool 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 12 SILVER SNEAKERS 2 TAI CHI 	17 8:30 Pool 8:30 Card Playing 9 Cornhole (Not Tournament) 11 BINGO 12 Shuffle Board 	18 8:30 Pool 8:30 B/P Checks—MRMC 9:30 ARTHRITIS EXERCISE CLASS AND/OR PRESENTATIONS 
21 8:30 Pool 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 12 SILVER SNEAKERS 2 TAI CHI 5 Yoga 	22 8:30 Pool 8:30 Card Playing 10 Maury Regional Critical Care Unit Presentation 11 Brookdale BINGO 1 Computer Training 	23 8:30 Pool 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 12 SILVER SNEAKERS 2 TAI CHI 	24 8:30 Pool 8:30 Card Playing 9:00 B/P Checks—MRMC 9:30 Tie Dye Project 11 BINGO 12 Chair Volleyball 	25 8:30 Pool 9:30 ARTHRITIS EXERCISE CLASS AND/OR PRESENTATIONS 
28 8:30 Pool 8:30 Card Playing 8:30 LINE DANCING 10 Walk with Ease 12 SILVER SNEAKERS 2 TAI CHI 5 Yoga 	29 8:30 Pool 8:30 Card Playing 11 BINGO 1 Computer Training 	30 8:30 Pool 8:30 Card Playing 9 ZUMBA 10 Walk with Ease 10:30 Beginners Line Dancing 12 SILVER SNEAKERS 2 TAI CHI 		 <p>June 6th</p>

Please note: All events and activities are subject to change with or without notice.

Thank you to the United Way of Maury County for supporting us here at the Maury County Senior Center! We appreciate you!

For information: unitedwayofmaurycounty@gmail.com or visit their website at www.unitedwayofmaurycounty.com for further information or to make a donation.

UWMC Proud Partner of the Maury County Senior Center!



(Above) Our volunteer Lynnetta Lyons (far left) has brought back the racing game. We call it Let's Go To The Races! Check the calendar for the date and time each month.



(Above) Ms. Knisley (center) of TN Department of Human Services, Services for the Blind and Visually Impaired Independent Living Program gave a great presentation on services and devices available to visually impaired residents at NO cost to them!! Contact the local office for Columbia at 931-766-1419 for more information.



(Above) Our new Activities Coordinator, Tammy Moore (left) ushers back card playing with Carol South. Tammy is married to Dennis and has 2 sons, David and Joe. She also has 6 grandchildren. Tammy spent most of her career as a jewelry store manager, she is also a member and group leader at Grace Church of Nazarene. She loves her rose garden as well as watching Little House on the Prairie. Tammy has been coming to the center for some time now as well as bringing seniors who were transportation challenged. She has some great ideas to bring to her job which we look forward to implementing. When you have time, be sure to welcome her to the staff,



Our Zumba class is back!
Every week the Zumba class, lead by Monica McCready, does their thing. The class has come back strong with a loyal class coming weekly. Don't worry, they have room to grow so if you want to come you are welcome to.

This newsletter is sponsored by:

MTB&J
MID-TENNESSEE
BONE & JOINT CLINIC, P.C.

MT. PLEASANT SENIOR CITIZENS CENTER'S SCHEDULE





















Phone 931-325-5234

June 2021

Activity Coordinator: Diane James

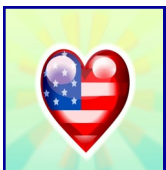
Transportation: 931-388-9595

501 Gray Ln.

MON	TUE	WED	THU	FRI
	1 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	2 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 How is your Voice 12:00 Lunch 	3 9:00 Walking / Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	4 9:00 Coffee/Chatting 10:30 Video Exercise 12:00 Lunch 
7 9:00 Bikes/Walking (20 MIN.) 9:45 Coffee/Chatting 10:30 Word Puzzle 12:00 Lunch 	8 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	9 9:00 Walking / Bikes 9:45 Coffee/Chatting 10:30 Crafts Chair covering 12:00 Lunch 	10 9:00 Walking / Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	11 9:00 Walking / Bikes 9:45 Coffee/Chatting 10:30 Corn Hole 12:00 Lunch 
14 9:00 Bikes/Walking (20 MIN) 9:45 Coffee/Chatting 10:30 Anyone For LEFT-OVERS 12:00 Lunch 	15 9:00 Walking 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	16 9:00 Walking/Bike 9:45 Coffee/Chatting 10:30 Video Exercise 12:00 Lunch 	17 9:00 Walking / Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	18 FREINDS AND FAMILY DAY WILLIAMS SPRING PARK
21 9:00 Bikes/Walking (20 MIN) 9:45 Coffee/Bikes 10:30 Finish that Fraise 12:00 Lunch 	22 9:00 Walking 9:45 Chatting/Coffee 10:30 Show Your Voice 12:00 Lunch 	23 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	24 9:00 Walking/Bikes 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	25 GETTING READY FOR OUR YARD SALE ON JUNE 26th 501 GRAY LANE
28 9:00 Bikes/Walking (20 min) 9:45 Coffee/Chatting 10:30 Do you Remember When 12:00 Lunch 	29 9:00 Walking 9:45 Coffee/Chatting 10:30 Bingo 12:00 Lunch 	30 9:00 Walking 9:45 Coffee/Chatting 10:30 Can you Roll a Ten 12:00 Lunch 		 June 6th

Mt. Pleasant Senior Center

Welcome to the Mt. Pleasant Senior Center
501 Gray Lane, Mt. Pleasant, TN
Open 9:00—12:00



PLEASE
SUPPORT
OUR MILITARY
MEN & WOMEN

(Above) A day at the park. Our group celebrates the arrival of GOOD WEATHER

Be a good friend and
leave the handicap
parking for folks that
have a handicap tag
on their car.



For Information about hours/activities, please contact Diane at 931-325-5234

Info You Can Use



My Ride Maury is seeking Volunteer Drivers to assist older adults to essential appointments.

- Serving Maury County Only
- Minimum 3 hours a month (or 1 ride)
- Additional Insurance provided
- Must be 18 years or older
- Valid Drivers License
- Clean Driving Record
- Volunteer Incentives & Recognition

For More Information or to Sign up
Call 931-307-5307 or myridemaury@gmail.com

Are you Food Insecure??

We don't want anyone not having proper nourishment at home. If you are in need of food please call the center at 931-380-3950 and speak to a staff person. We may have a program that could help you. Remember your information is confidential. Our goal is to be sure that the senior community is taken care of.



Card Playing is Back!

Now that COVID-19 rules have been relaxed we are bringing back card playing. Please check our schedule as times for playing may differ from what it was prior to COVID.

Play Pool

Do you like playing Pool? If so, our pool room is open for use every day beginning at 8:30am. The room is private and we have some frequent players, so come and enjoy a game or two.



NEED SOMEONE TO TALK TO??

Call the TN Hope Line
1-844-600-8262
Monday-Friday 9am—3pm (CT)

Trained volunteers will answer and will offer encouragement and hope for lonely senior adults. You are invited to call and talk about whatever is on your mind.

Callers who express specific needs such as food and basic supplies, are connected with people and services available in their area.



COMING!!
Friday, October 1st
More Information Soon

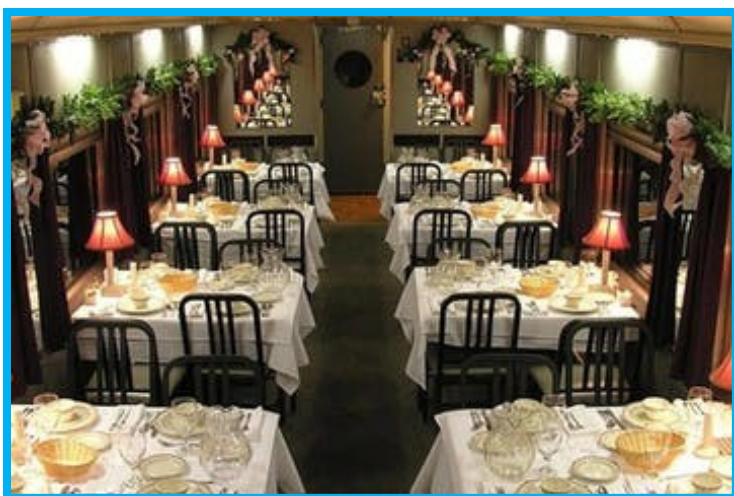


COMING!!
Friday, October 22nd
More Information Soon



Congregate lunches Are Back

Beginning Thursday, July 1st at 11:30am
The lunch calendar will be back in the July news-
letter. If you are not a frequent attendee here for
lunch, remember to call 931-380-3950 press 2, no
later than 11:00am the day before you plan to come.
If no one answers please leave your name and say
you will be having lunch the next day.



Christmas Dinner Train

Friday, December 3rd thru Saturday, December 4th
Trip includes:

- Round trip motor coach transportation
 - Deluxe Overnight Accommodation in Chattanooga
 - Breakfast Saturday Morning
 - Tennessee Valley Railroad Excursion (Christmas Dinner Train)
 - 4 Course Dining Experience
 - Visit to the Chattanooga Holiday Market
 - All Meals Taxes & Meal Gratuities included
 - Round Trip Luggage Service
- All This for \$299.00 PP/DBL OCC.**
(\$50.00 additional for a single room)



We are looking for Problem Solvers.

Could that be you?

Have you been looking for a way to really help people in your community? We might just have the opportunity for you. Many people have a hard time when they start Medicare. There are so many deadlines and choices to be made. Everyone could use a little help.

The State Health Insurance Assistance Program (SHIP)/Senior Medicare Patrol (SMP) is a statewide program that provides free and objective counseling and assistance to people with questions or problems regarding Medicare and other related health insurance. SHIP/SMP answers questions about: Original Medicare; Advantage Plans; Prescription Drug Plans; Supplements; Medicare Fraud and Abuse; Medicare Covered Preventive Services; being under 65 and having Medicare; financial assistance with Medicare premiums; deductibles and co pays and much more. We do not sell insurance.

We are recruiting new volunteers. Training is provided both online and in person. Our goal is to get volunteers ready to go out into their own communities into senior centers, assisted living facilities, churches, health fairs, etc. to make a real difference in people's lives.

If you are interested call 1-877-801-0044 or 931-379-2927

In addition, you can send an email to mdavid@sctdd.org

This publication has been produced in part by grant numbers 90SAPG0069-02-00, 2001TNMISH-00, 2001TNMIAA-00, 2001TNMIDR-00 from the US Administration for Community Living, Dept of Health & Human Services Washington, DC 20201.



Painting Class

Thursday, July 1st at 12pm
(must call the center 931-380-3950 or sign up when you're here)



*Our Sympathy to the
Families of:
Annie Louise Woodson*

PERSONAL MEDICARE COUNSELING is available by in person (during the center's reduced hours) from Volunteer Counselors from the State Health Insurance Assistance Program (SHIP). **Appointments are necessary**, and SCTDD will help with all your questions and is your first stop in choosing a plan. Call the Counselors directly for more information at **931-981-0291**.

Counselors will answer questions and assist with problems related to Medicare. Information will be available about Medicare Supplement Insurance, Advantage Plans, Part D Prescription drug plans, eligibility for financial assistance (extra help), and other Medicare issues.

Beginners Line Dancing Class

Wednesdays

10:30—11:30 A.M.



Applying for SNAP: Supplemental Nutrition Assistance Program

If you're over 60, it's easier than you think! Free application assistance for seniors through SCTDD at 931.379.2955.



Do you have an old pair of glasses that aren't being used? Please consider donating them to the Lion's Club to be made into glasses someone else could use. We collect them for the Lion's Club at the Senior Center!



**SOUTH CENTRAL AREA TRANSIT SERVICE
VANS ARE BASED IN CAMPBELL PLAZA.
CALL 931-388-9595 FOR RESERVATIONS**



Maury County Senior Center is in need of volunteers for Meals on Wheels. For more information, please call 931.380.3950. Ext 2



**Please support the
Senior Center!
Our code is WV364**

**FOR TRANSPORTATION TO PLACES OUTSIDE
OF MAURY COUNTY CALL 1-931-589-5111
PERRY COUNTY TRANSIT SERVICE**



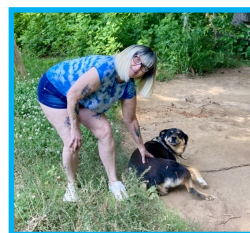
Special Thanks To:

**All Meals on Wheels Delivery Volunteers
Kroger - Bakery
All Kitchen Volunteers
The CARES Act
All Monday Community Meals Delivery Drivers**

If you would like to see this newsletter in living color go to:
www.mcsc2.org

BOW WOW! MEOW!

If you are low income and 60 or over, stop by the Maury County Senior Center once a week for a bag of pet food. Sponsored by: PET PALS of Maury County and other community members.



Proof of Income is Required!

**COVID Testing will now be done by
appointment on Tuesday and Thursday
only at the Maury County Health
Department. Please call 931-388-5757 to
schedule an appointment. Self tests will
also be available upon request.**

**Tai Chi
Mondays & Wednesday
2—3 P.M.**



**Silver Sneaker Classes
Monday & Wednesday
12:00—1:00 P.M.**



MAKE A DIFFERENCE

Guardian Volunteer Program

Looking for Volunteers to go visit nursing homes & assisted living's. One time a month is all that is needed.

Please contact
Glenda Porterfield, 931-379-2941 or gporterfield@sctdd.org

Maury County Senior Citizens
P.O. Box 993
Columbia, TN. 38402

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SPONSORED BY THE OLDER AMERICAN'S ACT, UNDER THE AGREEMENT WITH SCTDD AREA AGENCY ON AGING
& DISABILITY & THE UNITED WAY OF MAURY COUNTY

**MAKE A DONATION OR SIGN UP TO HAVE A NEWSLETTER MAILED TO YOU...
DON'T MISS ANY MORE EVENTS!**

NAME: _____ **1st Time Subscriber:** ____ **or Renewal:** ____ **DATE** _____

Address: _____ **City:** _____ **State:** ____ **Zip Code:** _____

MAURY COUNTRY SENIOR CENTER

_____ **ENCLOSED IS \$10.00 FOR MY NEWSLETTER FOR 2021**

_____ **ENCLOSED IS A DONATION OF \$** _____ **OR IN MEMORY OR HONOR OF:**

NAME: _____

No person in the United States shall, on grounds of race, color, or national origin, be excluded from participation in, be denied the benefits of, or
subjected to discrimination under any programs or activities receiving federal financial assistance.
(Title VI of the Civil Rights Acts of 1964)